THERE IS NO LIFE WITOUT JIHAD AND THERE IS NO JIHAD WITHOUT HIJRAH

Allah (سبحانه وتعالى) said,

{O YOU WHO HAVE BELIEVED, RESPOND TO ALLAH AND TO THE MESSENGER WHEN HE CALLS YOU TO THAT WHICH GIVES YOU LIFE} [Surah Al Anfāl 8:24]

Urwah Ibn Az Zubayr (رحيم الله) said,

"{THAT WHICH GIVES YOU LIFE} MEANS WAR, BY WHICH ALLAH HONORED YOU AFTER HUMILIATION, STRENGTHENED YOU AFTER WEAKNESS, AND DEFENDED YOU FROM YOUR ENEMY AFTER THEIR SUBJUGATION OF YOU"
[Tafsīr Ibn Kathīr]

Jihād not only grants life on the larger scale of the Ummah, it also grants a fuller life on the scale of the individual.

الحيم الله) said,

"If there were nothing in archery except that it repelled worry and sorrow from the heart, then that would be a sufficient virtue. Moreover, the people of archery have experienced this.

Also, At- Tabarānī reported from the hadīth of Hishām Ibn 'Urwah from his father, from 'Ā'ishah that Allah's Messenger (صلى الله عليه و سلم) said,

"WHENEVER ONE'S WORRY SEIZES HIM, HE ONLY NEEDS TO WEAR HIS BOW AND USE IT TO THEREBY EXPEL HIS WORRY"

[The isnād contains a very weak narrator named Muhammad az-Zubaydī, as mentioned in "Majma' az-Zawā'id"]

This is similar to the statement of the Prophet (صلى الله عليه و سلم),

"PERFORM JIHĀD FĪ SABĪLILLĀH, FOR IT IS A GATE OF THE GATES OF JANNAH BY WHICH ALLAH REPELS WORRY AND SORROW FROM THE SOULS"

[Sahīh - reported by Imām Ahmad and al-Hākim on the authority of 'Ubādah Ibn as-Sāmit]

This is also derived from the statement of Allah (سبحانه وتعالى),

{FIGHT THEM; ALLAH WILL PUNISH THEM BY YOUR HANDS AND WILL DISGRACE THEM AND GIVE YOU VICTORY OVER THEM AND SATISFY THE BREASTS OF A BELIEVING PEOPLE AND REMOVE THE FURY IN THE BELIEVERS' HEARTS. AND ALLAH TURNS IN FORGIVENESS TO WHOM HE WILLS; AND ALLAH IS KNOWING AND WISE}
[Surah At Tawbah 9:14-15]"
[Al-Furūsiyyah]